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# Pork Chops and Gravy (Slow Cooker)

*The Essential Southern Living Cookbook*

Servings: 6

Preparation Time: 15 minutes

Start to Finish Time: 2 hours 15 minutes

**1/2 cup all-purpose flour**

**1 1/2 teaspoons dry mustard**

**1/2 teaspoon table salt**

**1/2 teaspoon garlic powder**

**6 (one-inch-thick) lean pork chops**

**1 can (10-3/4 ounce) condensed chicken broth, undiluted**

**2 tablespoons vegetable oil**

**hot rice or mashed potatoes (for serving)**

In a shallow dish, combine the flour, mustard, salt and garlic powder. Dredge the chops in the flour mixture. Set aside.

In a 3-1/2 quart slow cooker, combine the remaining flour mixture and the chicken broth.

Pour oil into a large skillet. Place over medium-high heat until hot. Cook the chops in the hot oil just until browned on both sides. Place the chops in the slow cooker.

Cook, covered, on HIGH until tender, about 2 to 2-1/2 hours.

Serve with hot rice or mashed potatoes.

## **Pork**

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*Per Serving (excluding unknown items): 94 Calories; 5g Fat (50.2% calories from fat); 3g Protein; 9g Carbohydrate; trace Dietary Fiber; trace Cholesterol; 456mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Fat.*